



Location

123 North Center Street
Lehi, UT 84043
P 385.201.1065

Hours

Monday - Friday
9:00 am - 1:00 pm

HAPPY HOLIDAYS!

'Tis the Season of Love, Giving, Christmas Carols, Snow, Hot Cocoa, and fun times with family and friends.

During this chilly month, the best way to spread Christmas Cheer is singing loud for all to hear. We love you! MERRY CHRISTMAS!

Website www.lehi-ut.gov/recreation/seniors

www.facebook.com/LehiSeniorCenter

WEEKLY CLASSES & CLUBS

***Classes with a red asterisk require call-ahead registration**

Lunch [*] <i>Call by noon the day before to make a reservation</i>	Monday – Friday (must reserve) Served at Noon.
Tai Chi Class Awesome NEW teacher	Mondays 9:30 a.m. At the Senior Center
Watercolor Class [*]	<i>Tuesday, December 7 and 14</i> <i>(2 sessions per class) 9:30 a.m.</i> At the Senior Center Advanced Watercolor also available. Let us know if you are interested or have questions.
Crochet Club	Tuesdays 10:15 a.m. At the Senior Center
Line Dancing	Friday 10:00 a.m. <i>December 3, and 17</i> At the Senior Center
BINGO	Friday 11:30 a.m. December 3, and 17 At the Senior Center
Bunco Bash	<i>Wednesday, December 8, 12:30 p.m.</i> At the Senior Center
Monday Movie Mania	<i>Monday, December 13, 12:30 p.m. “Elf”</i> At the Senior Center
Technology Tuesdays	<i>Tuesday, December 21, 12:30 p.m.</i> At the Senior Center

UPCOMING EVENTS

NEW: Technology Tuesdays

Tuesday, December 21

12:30 pm at the Senior Center

Once a month, we will host “Technology Tuesdays”. Come with your questions about tech or smart phones and leave with tips, tricks and answers! We will have a group of volunteers here to help in small groups or one-on-one. No appointment necessary. Tech Tuesdays will be every third Tuesday, unless otherwise noted.



Bunco Bash

Wednesday,

December 8

12:30 pm at the Senior Center

Join us for a great game of Bunco.

Bunco is a fun and easy game to learn. It can be played in teams or as individuals.

Those coming are encouraged to bring their own set of 3 dice. Score cards (and dice, if needed) will be provided.

Prizes are available for participants. Please have a current Senior Center Membership to participate.

All skill levels are welcome!

Monday Movie Mania!

Monday,

December 13

12:30 pm at the Senior Center

This month, we will watch the classic Christmas movie: “Elf.” Will Ferrell brought this iconic Christmas movie to life with his hilarious portrayal of Buddy the *Elf*. This movie will surely get you in the Christmas spirit.

A small popcorn or treat will be provided during the movie.

Enjoy the show!



HAPPY BIRTHDAY

November and December Birthday Celebration

Friday, December 3 and 17

*Please note the date change for this month
due to holiday scheduling.*



Sponsored by Mission at Alpine Valley Care Center and Rehabilitation

On the 4th Friday of the month (unless otherwise noted), we have a small birthday celebration for all those who had a birthday during the month!

We will sing to celebrate during lunch.

Reserve your lunch and enjoy a sweet treat. *Be sure to call ahead to reserve your lunch before the day before by noon.* If we've missed your birthday, let us know so we can update our records. Have a great month!



Susan Bankhead	December 1
Charlene Rowley	December 1
Donna Sindorf	December 1
Wendy McClellan	December 3
Cristina Rascon	December 5
Syd Young	December 8
Pat Bowser	December 13
Lloyd Gurney	December 14
Jan Hudec	December 15
Linda Laird	December 16
Lyn Twinning	December 23
Janet Williamson	December 24
Kathryn Gazaway	December 27
Blaine Thomas	December 27
Evah Bullock	December 27
Suzanna Ray	December 28
Gisela Myers	December 29
Danny McClellan	December 29
Karla Nielsen	December 29
Lynette Wright	December 29

WONKA WEDNESDAYS

In December, We are continuing "Wonka Wednesdays!" Each Wednesday for lunch, we will draw a couple names or hide Golden Tickets on the lunch tables or under plates, and in a take-out meal. If you are the lucky winner, you can give the ticket to an employee and receive a prize or treat!

You must sign up for lunch ahead of time to be eligible to win. Good luck and see you soon!



UPCOMING EVENTS

Lunch Events:

Christmas and Noon Day Carnival and Luncheon

Friday, December 10 *Must sign up by Wednesday, December 8*

- 11:00 am—1:00 pm Christmas Luncheon (\$3 lunch donation suggested)

We'd love to get into the Holiday spirit with you and celebrate at our annual Christmas party and lunch. We will have a special guest performer: Bryce Barney. We know this will be an event you won't want to miss. We will also have a nice lunch, games, and a festive sweater contest.

- Thursday, December 30 *Must sign up by Monday, December 27*

11am—1:00pm Noon Years Carnival (\$3 lunch donation suggested)

Come join us for carnival games and a yummy meal. Let's celebrate the new year in style.

www.lehi-ut.gov/recreation/seniors/ | 5

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emailed to you at

www.mycommunityonline.com



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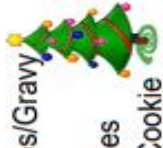















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DECEMBER 2021

DECEMBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Alternate Meals Dec 1 - 3 Chef's Salad Dec 6 - 7 Cr. of Potato Dec 8 - 10 Vegetable Beef Dec 13 - 17 Chef's Salad Dec 20 - 21 Chicken Noodle	Dec 22 - 24 Cr. of Broccoli Dec 27 - 31 Chef's Salad 	1 Meatloaf Mashed Potatoes / Gravy Corn Orange Roll 	2 Three Bean Chili Tossed Salad / Dressing Corn Bread Fruit Crisp 	3 Garlic Beef Mashed Potatoes/Gravy Peas Applesauce Roll 
6 Swedish Meatballs Rice Carrots Pears Roll 	7 Corn Chowder Green Beans Applesauce Roll 	8 Chicken Pot Pie Fresh Biscuit Tossed Salad w/ Dressing Oatmeal Raisin Cookie 	9 Sweet & Sour Chicken Steamed White Rice Stir Fry Vegetables Fruit Cocktail Roll 	10 CHRISTMAS LUNCH Roast Turkey Mashed Potatoes/Gravy Carrots Mandarin Oranges Roll / Pumpkin Cookie 
13 Country Fried Steak Mashed Potatoes/Gravy Mixed Vegetables Cottage Cheese & Fruit Roll 	14 Teriyaki Chicken Bowl Brown Rice Broccoli / Roll Orange Chocolate Brownie 	15 Cheesy Beef Pasta Peas Applesauce Garlic Roll 	16 Beef & Vegetable Stew Tossed Salad / Dressing Corn Bread Apple Cookie 	17 Honey Baked Ham Scalloped Potatoes Beets Pineapple Roll 
20 Malibu Chicken Au Gratin Potatoes Green Beans Mandarin Oranges Roll 	21 Chicken Salad Wrap Italian Pasta Salad Pickles Pears 	22 Salisbury Steak Mashed Potatoes/Graw Mixed Vegetables Jello w/ Fruit Roll 	23 	24 
27 Chicken Parmesan w/ Sauce & Spaghetti Green Beans Roll Apple Crisp 	28 Creamed Chicken / Rice California Vegetables Pineapple Roll 	29 Santa Fe Shredded Turkey on Brown Rice Black Beans Corn Orange / Roll 	30 Roast Pork Roasted Baby Potatoes Carrots Jello w/ Fruit Roll 	31 










ACTIVITIES CALENDAR

**TO REGISTER FOR
ACTIVITIES CALL : 385-
201-1065**



ACTIVITIES CALENDAR DECEMBER 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>NOTE: Our <i>November</i> Birthday Celebration will be on December 3rd. Our December Birthday Celebration will be on December 17th.</div>				
<div>6</div> <div>ADV. Watercolor-9:30am</div> <div>Tai Chi -9:30 am</div> <div></div>	<div>7</div> <div>Watercolor Class- 9:30am</div> <div>Crochet Club - 10:15am</div> <div></div>	<div>1</div> <div>WONKA WEDNESDAYS</div> <div></div>	<div>2</div> <div>NO Quilting</div> <div></div>	<div>3</div> <div>Birthday Celebration</div> <div>Line Dance - 10 am</div> <div>11:30 am Bingo</div> <div>11-12 Blood Pressure Clinic sponsored by Dignity Health</div> <div></div>
<div>13</div> <div>ADV. Watercolor-9:30am</div> <div>Tai Chi -9:30 am</div> <div>12:30 Monday Movie Mania! "Elf"</div> <div></div>	<div>14</div> <div>Watercolor Class- 9:30am</div> <div>Crochet Club - 10:15am</div> <div></div>	<div>8</div> <div>WONKA WEDNESDAYS</div> <div>CHRISTMAS SIGN UP DUE</div> <div>12:30 -BUNCO BASH</div>	<div>9</div> <div>NO Quilting</div> <div></div>	<div>10</div> <div>CHRISTMAS PARTY & LUNCH</div> <div>11 am- 1pm</div>
<div>20</div> <div>Tai Chi -9:30 am</div> <div></div>	<div>21</div> <div>Crochet Club - 10:15am</div> <div>TECH TUESDAYS! 12:30 pm</div> <div></div>	<div>15</div> <div>WONKA WEDNESDAYS</div> <div></div>	<div>16</div> <div>NO Quilting</div> <div></div>	<div>17</div> <div>Birthday Celebration</div> <div>Line Dance - 10 am</div> <div>11:30 am Bingo</div> <div>BINGO</div>
<div>27</div> <div>Tai Chi -9:30 am</div> <div>CARNIVAL SIGN UP DUE</div> <div></div>	<div>28</div> <div>Crochet Club - 10:15am</div> <div></div>	<div>22</div> <div>WONKA WEDNESDAYS</div> <div></div>	<div>23</div> <div></div>	<div>24</div> <div>Merry Christmas</div> <div></div>
<div>29</div> <div>WONKA WEDNESDAYS</div> <div></div>	<div>30</div> <div>NOON YEARS CARNIVAL</div> <div>11 am- 1pm</div> <div></div>	SENIOR CENTER CLOSED		
<div>31</div> <div></div>	SENIOR CENTER CLOSED			



Merry Christmas



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— "GIFTS OF TIME AND
LOVE ARE SURELY THE
BASIC INGREDIENTS OF
A TRULY MERRY
CHRISTMAS." —

PEG BRACKEN

SENIOR CENTER CLOSED FOR THE HOILDAYS

The Senior Center will NOT be
serving lunches on

- December 23rd,
24th and on the
31st.



Please enjoy your holiday.

www.lehi-ut.gov/recreation/seniors/ | 9

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SPECIAL THANK YOU!

We had so much fun at our
Annual Thanksgiving
Luncheon. A Special Thanks to
everyone who could attend.

THANKFUL
grateful
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1. Do you, or a loved one, require an assistive device to walk? (ie. cane, walker)
2. Are you being driven to appointments due to the inability to drive?
3. Have you had any falls in the last month, if not, are you afraid of falling?
4. Are you unable to get out of a chair without using your arms?
5. Do you have bone pain or are suffering from arthritis?

**WAYS HOME HEALTH
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- Two or more falls in the past year
- A wound that is not healing well
- Trouble transferring from one place to the next
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